

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Press Service,
U. S. D. A.

FRUIT AND RICE BAVARIAN

Bavarian creams generally contain several egg whites among their ingredients, and often some whipped cream, to make them light and spongy when stiffened by gelatin. When cooked rice is put into a Bavarian cream it becomes quite a substantial dessert. As with other rice desserts, the rice is cooked in milk.

Some pronounced flavor is liked with any rice and milk combination, In a rice Bavarian this is easily obtained by adding chopped pieces of fruit, or fruit pulp. Canned sour cherries are very good for this purpose, or stewed cranberries, or chopped canned pineapple, cooked dried apricots, chopped dates or raisins. The Bureau of Home Economics of the U.S. Department of Agriculture supplies the recipe below:

Fruit and Rice Bavarian

1/2 cup uncooked rice	Whites of 2 eggs
1/2 cup sugar	1 teaspoon salt
4 cups milk	1/2 teaspoon vanilla
1 tablespoon gelatin dissolved in 4 tablespoons water	2 cups chopped fruit

Wash the rice and cook it with the milk until soft and thick, stirring it frequently. Add the sugar and salt. Soak the gelatin in the cold water, stir it into the hot rice mixture, and cool. When nearly set, fold in the whites of eggs beaten stiff, the vanilla, and the chopped fruit. Turn the mixture into molds. Serve with cream or custard sauce.

----- M -----

12-32 -- (30228#c)

573-33

